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What yogurt to eat on mediterranean diet

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Yogurt is an essential component in many diets, including the Mediterranean diet. Unless you're completely avoiding dairy, you can easily incorporate yogurt into this diet. However, it's crucial to choose the right kind of yogurt that's low in fat and unnecessary additives. Greek yogurt is a popular choice among those following the Mediterranean diet due to its low calorie count. It also offers impressive nutritional value, serving as a great accessory for breakfast or binding ingredients together for meals. But there are other forms of yogurt you might want to consider, which is why we've created this article to help you select the best yogurt for your Mediterranean diet. To start, let's determine which yogurt types can be incorporated into the Mediterranean diet. With so many options available, only a few are truly healthy and worth adding to your diet. Here are some top picks: Greek Yogurt One of the most common forms of yogurt people add to their Mediterranean diet is Greek yogurt. This type has been strained to remove excess whey protein, making it thicker and creamier than other options. Low-calorie content is another reason people opt for Greek yogurt. Additionally, it contains more protein than other yogurt types, providing extra benefits for your macronutrient intake and keeping you energized. French Yogurt Another great alternative is French yogurt. While it may not have the same thickness as Greek yogurt, it's a top option to consider when integrating yogurt into the Mediterranean diet. It has fewer calories than Greek yogurt but still offers some protein benefits. Fat-Free Yogurt For those looking for a more affordable option, fat-free yogurt made from skim milk is a popular choice. Although it may have slightly more calories than other options, it's a viable option for many people. Plant-based For those who prefer plant-based options, there are also great choices available. The most recommended type of yogurt is plant-based yogurt, which contains natural ingredients and no animal derivatives. Although its taste can be great, its nutritional value varies across different brands due to varying ingredients. On the other hand, certain yogurts are best avoided on the Mediterranean diet, especially for those looking to lose weight or maximize nutrition per meal. These include full-fat yogurt, flavored yogurt (as flavoring adds calories), mixed yogurts with unknown additives, and drinking yogurt which is high in fat and sugar. However, there are top-notch yogurts available that cater to this diet, such as Yoplait Greek 100 Protein Yogurt and EasiYo Yogurt Mix. These products offer advantages like being easy to mix or providing a boost of protein per serving, but they also have some drawbacks like higher costs or smaller quantities. Adding yogurts to your diet is a great way to boost its benefits. Some of the healthiest yogurt options include Greek yogurt, which should be part of your Mediterranean diet plan. If you're looking for more assistance with this diet, our 28-day meal plan has been successful for over 1000 users. It might be worth considering instead of other plans that don't yield results.